

# Mental Health Newsletter

Volume 2, No. 1

DEPARTMENT OF PUBLIC WELFARE  
St. Paul 1, Minnesota

January, 1962

## *Editorially Speaking*

This is a time of year traditionally set aside for what administrators call "program review and analysis." In a more homely way, men take stock, count their blessings, enjoy the fruits of attainment and make resolutions for the coming year. For Scrooge, it was a time to find oneself "a year older and not a penny richer." For most of us it is a time for hope.

Existential philosophy dwells on man's experience. King Lear, in the depth of his despair, proclaimed, "What a bare, forked animal is unaccommodated man." In Dostoevski we read that man's chief distinguishing feature as a member of the animal kingdom is not his capacity for reason, for adornment, for laughter but rather his capacity for spite. Things cannot really be that bad.

Is man's fate essentially a tragic one? He has not outgrown his need for violence. At all levels of society men are engaged in territorial struggles: my nation against yours, my farm against yours, my organization against yours. Other animals are content to drive off encroachers. Man is impelled to pursue the issue "from a view to a death in the morning." Man has not developed internal discipline and, as presently constituted, appears to require sanction, punishment and ultimately force.

Man's capacity for emotional dialogue with his brother is sadly limited. Schopenhauer likens us in our relationships to others to porcupines: if we are too far apart we grow cold; if too close, we hurt one another.

Small wonder that we in mental health are often frustrated and baffled. Viewed existentially, we are as frightened, injured creatures trying to comfort and dignify other creatures who are only somewhat more frightened and more injured than we. This is overly harsh and pessimistic. Still we need to approach our task with humility and patience.

We keep trying. We have a testing ground here of what man might be capable of in compassion and commitment. If we can bring people, a few people, back from "the edge of solitude" to the world of companionship and self-attainment it will have been worth it.

As we take stock we do see that patients have been comforted, that the world we are able to provide for them is brighter and richer. We see that the mentally ill return home more quickly and that the public is more aware of what we are doing and more sympathetic. To use tangible examples, we are seeing our wards open up, our voluntary admissions significantly increased, and our community services developing at a rapid pace.

So let tragedy stand aside. Let us take courage and hope that in our tiny corner of a bruised and war-torn world, love and good faith exist. The human condition can be improved.

David J. Vail, M.D.  
Medical Director



## **Names in the News**

- "Psychotherapy as a General Service" will be the title of a seminar at the Rochester State Hospital, January 26th. Dr. Ernest G. Poser, Associate Professor of Psychology, McGill University, will be the speaker. In attendance will be institutions' supervisors and staff from each of the various disciplines.
- Making a consultation visit to Minnesota February 7th will be Dr. Lee Sewall, director of the Veterans Administration Hospital, Perry Point, Maryland. Dr. Sewall, a recognized authority in the field, will assist in establishing techniques for evaluation of the Minnesota mental hospital program.
- Sharing the speakers' rostrum at the first annual membership meeting of the Minneapolis and Hennepin County Mental Health Board January 9th will be Medical Director David J. Vail, M.D. He will outline the history and significance of the Minnesota Community Mental Health Services Act.
- Preliminary program announcement for the March Community Mental Health Services workshop includes two outstanding speakers: Robert Hewitt, M.D., formerly of the NIMH and now director for mental health programs, Western Interstate Commission for Higher Education, and Forrest LaViolette, Ph.D., chairman of the Department of Sociology and Anthropology, Tulane University, New Orleans.
- Certification in professional psychology by the State Board of Psychological Examiners was granted earlier this month to Dr. James T. Laird, chief clinical psychologist of the Willmar State School and Hospital.
- Keynote speaker at an Omaha, Nebraska institute for supervisors of volunteers will be DPW's Mrs. Miriam Karlins. The meeting scheduled for January 17-18 is an annual event for volunteer supervisors of all agencies in the Omaha area.
- Recent additions to state institution staffs include: R.N. I Ruth Adrian and R.N. II Lavonne Robbin, ANOKA; Psychologist I Norman Moon, Child Care Counselor Trainees Marguerite Muggli and Beatrice Coleman, and R.N. II Rubie Carlson, CHILDREN'S CENTER; Business Manager III Donald Wujcik, Patient Activities Assistant II Joyce From and R.N. II's Marguerite Weizel and Ellen Farmer, CAMBRIDGE; R.N. I's Audrey Rhea, Eleanor Nelson and Sandra Dahl, FERGUS FALLS; Personnel Officer II John Glasgow and Business Manager III Dick Dobrick, HASTINGS; Houseparent II Dorothy Cruikshank, OWATONNA; Medical Specialist I Hannaliene Kralemann and R.N. I's Ulanda Bailey and Joanne Gerow, ROCHESTER; R.N. I's Margaret Mayer, Jeannie Barnes and Luella Krisatis, ST. PETER; and Physician II Milton Sadd, Psychologist I Leon Kreitmann, Personnel Officer I James Anderson and Counselors on Alcoholism Fred Norstrom, Glenn Farmer and Allen Iverson, WILLMAR.

## **Governor's Survey Committee Begins Bi-monthly Meetings**

The third in a series of meetings of the new Governor's Citizens' Mental Health Survey Committee will be held January 10th, at the St. Paul Hotel. Decision to meet twice monthly was reached at the organizational meeting of the Committee on December 1st.

The subsequent meeting on December 16th included a report to members of the Committee by state institution superintendents. A report on the over-all program needs by DPW's Commissioner Morris Hursh, and Medical Director David J. Vail is scheduled for the forthcoming meeting.

Chairman of the 25 man committee is Judge Edward J. Devitt of Minneapolis. Rev. Arthur Foote of St. Paul, Judge Donald Burris of Minneapolis, and Mr. Cyrus Wright of Fergus Falls have been named subcommittee chairmen. Dr. David J. Vail is serving as executive secretary.

Date for the committee's final report to the governor has been set for August 1, 1962.

## **1st State Workshop on Marital Counseling Set for January 17**

Marital counseling—learning more about the issues involved in marital conflicts and how to assist the "helping professions" in meeting increasing community needs—will be the focus of the three day workshop scheduled for January 17-19, at the Francis Drake Hotel, Minneapolis.

Meeting together from the areas served by the 15 community mental health centers throughout the state will be the centers' staff social workers, county welfare directors and clergymen. The three day session is sponsored by the Department of Public Welfare and made possible by a Technical Assistance Project (TAP) grant from the National Institute of Mental Health.

According to chairman Mrs. J. Lucille Poor, this is the first workshop on marital counseling to be awarded financial support by the NIMH. Support and encouragement of similar training sessions is expected to increase, as a result of the recent report by the Joint Commission on Mental Health and Illness. Findings of the national study indicated the needs for marital counseling and the role of clergymen in providing this service.

Planned as an outgrowth of the January meeting is the development of one-day institutes in the areas adjacent to each of the community mental health centers. Team member participants from each locale (center social worker, clergyman and county welfare director) will serve as faculty for the local programs.

Speaking at the Minneapolis meeting will be Dr. Eleanor B. Luckey, head of the department of child development and family relations, University of Connecticut; Dr. Rex A. Skidmore, Dean of the graduate school of social work, University of Utah, and Rabbi Jerome D. Folkman, of the Temple Israel, Columbus, Ohio.

## Dr. Ivan Sletten Begins As Hastings Medical Director

A Minneapolis psychiatrist, Dr. Ivan Sletten, 32, assumed the post of medical director of the Hastings State Hospital December 26th. Dr. Sletten received his board certification in psychiatry from the American Board of Psychiatry and Neurology earlier this year.

Since July, 1960, Dr. Sletten has been staff instructor in the University of Minnesota's Department of Psychiatry and Neurology. Earlier this year, he was appointed consultant in psychiatry at the South Central Mental Health Center, Owatonna.

Dr. Sletten is a native of Wisconsin and a graduate of the University of Wisconsin Medical School. He completed his internship and psychiatry residency at the Minneapolis General Hospital and the University of Minnesota hospitals. From 1958-60, Dr. Sletten served with the U. S. Army as Chief of Psychiatry at the Aberdeen Proving Grounds, Maryland.

Dr. Sletten is married and the father of four young children.

### Hospital Administrator Selected

Also expected to join the Hastings State Hospital, early in February, is Jack Malban of Topeka, Kansas. The appointment of Mr. Malban as administrator of the Hastings Hospital was endorsed by the Mental Health Medical Policy Committee at the last Committee meeting. Formal appointment is pending completion of legal requirements for a State Board of Health certificate of registration.

Mr. Malban is currently serving as executive assistant at the Menninger Foundation, a post he has held for the past 6½ years. Prior experience includes two years as business administrator of the Logansport State Hospital, Logansport, Indiana, and personnel officer at the Dixon, Illinois State Hospital.

Mr. Malban is a native of Farmington, Illinois and a graduate of Illinois Wesleyan University. He received a Master's Degree in hospital administration from Northwestern University.

## Asst. Hospital Superintendent Appointed At St. Peter Hospital

A native Kansan, Mr. William Lightburn has accepted the post of assistant hospital superintendent at the St. Peter State Hospital, effective January 3rd.

Mr. Lightburn is a professional hospital ad-

ministrator and holds a M.A. from the State University of Iowa school of hospital administration. He received his undergraduate training at Kansas State Hospital, Manhattan, Kansas.

For the past two years, Mr. Lightburn has served as administrator of the McDonough District Hospital, Macomb, Illinois. Prior to that, he held the post of assistant administrator at the Lincoln General Hospital, Lincoln, Nebraska. A one year residency was served at Asbury Methodist Hospital, Minneapolis.

Mr. Lightburn is 34, married and the father of three small children.

## 2nd Administrative Changeover Now In Effect at Fergus Falls

The appointment of former hospital superintendent Dr. William L. Patterson as medical director of the Fergus Falls State Hospital became effective January 1st. On the same date, Robert F. Hoffman, formerly assistant hospital superintendent, became hospital administrator.

Dr. Patterson, the senior psychiatrist in the state mental health program, has been superintendent at Fergus Falls since 1927. Mr. Hoffman, a licensed hospital administrator, has held the post of assistant hospital superintendent at Fergus Falls for the past nine years.

Fergus Falls is the second state hospital to effect a changeover to a medical director-hospital administrator plan. The initial program was instituted at Willmar State Hospital in September. A similar administrative pattern has been set for Hastings State Hospital, with the appointment late last month of Dr. Ivan Sletten to the medical directorship post.

## Volunteers, Staff and Patients Quizzed in State-Wide Survey

Now ready for tabulating are over 1,000 responses to a questionnaire sent early in November to hospital staff, patients and regularly assigned volunteers.

Purpose of the survey, according to Mrs. Miriam Karlins, director of Medical Division information and volunteer services, is to take an objective look at the state volunteer services program. This is the first attempt that has been made to assess, on a state-wide basis, the meaningfulness of the program to the three groups most intimately involved—hospital staff members, patients, and volunteers. Results of the survey will serve as basis for study, discussion and future program planning. Mrs. Karlins added.

The survey is one of a number of projects underway in preparation for the May celebration of the 10th anniversary of the Minnesota Volunteer Services program. Preliminary figures indicate that over 100 individuals and organizations will receive awards for 10 years of continuous service to the state.

## Public Health Nurses Take a Look at Extent and Nature of Home Service to State's Mentally Ill, Mentally Retarded

To what extent are public health nurses working with families where mental illness or mental retardation is present? What types of service are they providing these families? And what additional assistance or consultation do nurses need in order to better help families with problems in this area? To answer these and other related questions, the State Department of Health's section of public health nursing undertook a survey of generalized and school public health nurses in all but the metropolitan (Duluth and Twin Cities) areas of the state.

According to the report recently released by the Department, 78% of the generalized public health nurses and 20% of the school nurses responded to the questionnaire. They reported a total of 1220 individuals in their active caseload as of January 1, 1961. They also cited an additional 1410 individuals or families whom they felt could probably benefit by public health nursing services, but were not at that time receiving them.

Both groups of nurses reported working with more families where there was mental retardation than mental illness. The greatest number of these patients fell in the school-age group.

Considered as a group, the largest percentage of patients were referred for nursing service by school personnel. In families where there was mental illness, nursing service was most frequently requested by the patient or a member of his family. The original request or referral for service was most often for

some other aspect of health such as diet supervision, etc.

Only 33% of the nurses reported that there was medical information available before the first home visit. Adequate medical information for giving public health nursing was reported by only 60% of the nurses. One-third of the patients in the active caseloads were not under medical care at the time.

The median frequency of visits to patients with mental illness was 12 times a year; to families where mental retardation was present, 5-10 times a year by the generalized public health nurse and 3-4 times a year by the school nurse.

Counseling, giving support and helping patients get to other resources were the ways in which the reporting nurses felt they were helping the largest number of patients.

When asked what assistance she would like in working with these patients, the need for psychiatric consultation was expressed by 27% of the nurses. The need for more public health nursing supervisory help was stated by 23% of the nurses.

According to Miss Alberta Wilson, chief of the Department's section of public health nursing, the survey has pointed out the role the local public health nurse is called on to play, in meeting the supportive needs of families with mental retardation or mental illness. Further study is needed of ways in which these services may be intensified and increased.

## **Dr. John Reitmann To Leave Hastings Superintendency for Private Practice**

Dr. John H. Reitman, superintendent of the Hastings State Hospital since August, 1958, resigned his post effective December 26. He will begin private practice in psychiatry in Dallas, Texas, soon after the first of the year.

Dr. Reitmann has been a member of the Minnesota mental health program since November, 1949, when he was appointed staff physician at Hastings State Hospital. From July, 1950, and until its closing in July, 1952, Dr. Reitmann served as superintendent of the Sandstone State Hospital. His next appointment was superintendent of the Anoka State Hospital, where he remained until December, 1955. During the next two and a half years, Dr. Reitmann studied under Dr. Maurice Levine at the University of Cincinnati and completed his psychiatric residency. He returned to Minnesota and was given the Hastings appointment in August, 1958.

A dinner party in honor of Dr. and Mrs. Reitmann has been scheduled by members of the hospital staff for December 6, at the Hastings Country Club.

Dr. and Mrs. Reitmann and their family will be residing at 9744 Landward Drive, Dallas, Texas.

## **Financial Support of Mental Health Center to Come from Hennepin Cty.**

Funds for the local support of the Hennepin County Mental Health Center will now come exclusively from Hennepin County effective January 1, according to Dr. William W. Jepson, program director. Action to change the name (from Minneapolis and Hennepin County Mental Health Clinic) with assurance of full Hennepin County financial participation was taken by the Mental Health Board at the November 16th meeting. Also outlined were plans for expansion of services for children and inauguration of a research project in juvenile delinquency.

## **2nd Michigan Man Appointed to Staff of South Central Center**

Dr. Paul R. Stimson, psychiatrist and currently program director of the Lansing Michigan Mental Health Center, will join the staff of the South Central Mental Health Center in February. He joins psychologist Dr. Clifford Schroeder, a former co-worker at the Lansing Center, who began his new duties at Owatonna September 1st.

Dr. Stimson has been program director of the Lansing center since its start in 1953. His professional training includes a B.A. from Oberlin College, Oberlin, Ohio, a B.S. in medicine from the University of Missouri and an M.D. from the University of Cincinnati College of Medicine. Dr. Stimson served his internship at Anker Hospital, St. Paul. He was on the staff of the Pontiac State Hospital for a total of four years, the latter two in charge of the out-patient Clinic. In addition, he served one year as division psychiatrist, First Cavalry Division, Korea.

Dr. Stimson is a fellow of the American Psychiatric Association.

## **Dr. Tyce Named Superintendent, Other Administrative Changes at Rochester**

Several administrative changes and additions are slated for the Rochester State Hospital during the next few weeks. The appointment of Dr. Francis Tyce as Superintendent will become effective December 1. Dr. Tyce has been serving as Acting Superintendent since March.

Joining the Rochester staff as an assistant hospital superintendent trainee on November 29 will be Mr. Charles Swint, a 1961 graduate of the University of Minnesota graduate school of hospital administration. Mr. Swint will receive his two-year training (for an assistant hospital superintendency post) under the direction of Dr. Tyce and Mr. Sigmund Cysewski, business manager and now senior administrative officer.

Mr. Swint is 29, married, and has one child. In addition to a M.H.A. from the University of Minnesota, Mr. Swint holds a B.S. in business and public health from the University of California. He served his administrative residency at the Stormont-Vail Hospital, Topeka, Kansas.

Dr. Tyce's new appointment is the fourth advancement that he has received since he joined the Rochester State Hospital as staff psychiatrist in July, 1959. He was named Acting Clinical Director in March, 1960, after the resignation of former hospital superintendent Magnus Petersen, M.D. In January, 1961, he was named medical director and in March, he was given the title of Acting Superintendent. In October, Dr. Tyce received the State Board of Health certificate of registration as a licensed hospital administrator, and thus became eligible to be named chief executive officer of the Rochester State Hospital.

Dr. Tyce is a native of South Wales, United Kingdom, and a graduate of the University of Durham Medical School. Prior to joining the Minnesota mental health program, Dr. Tyce served a three-year fellowship in psychiatry at the Mayo Clinic.

## **New Social Worker Appointed to Staff of Mower County Mental Health Clinic**

Returning to Minnesota for an appointment as social worker at the Mower County Mental Health Clinic is Miss Alice Hammer, former supervisor of the reception center at the Sauk Centre Home School for Girls. Other Minnesota experience includes undergraduate work at the University of Minnesota and caseworker at the Washburn Home, Minneapolis.

Miss Hammer holds an M.A. degree from Northwestern University and completed additional graduate study at the University of Chicago. In addition to extensive casework experience, Miss Hammer served on the faculty of the University of Wisconsin for two years. Since 1958 she has been on the staff of the Du Page County Family Service Association, Wheaton, Illinois.

# MINNESOTANS IN PRINT

The sharing of research findings and new program developments, via scientific and professional journals is an ancillary but often unheralded segment of a progressive mental health program. Listed below are publications, by Minnesota program personnel, which appeared in print during the first seven months of 1961. Also included are papers presented at regional and national meetings of recognized scientific societies. A complete summary of publications and papers for the past two years (July, 1959-July, 1961) is available upon request.

## ANOKA STATE HOSPITAL

- "The influence of context on the depression scale of the MMPI in a psychotic population." Olson, G.W., *Journal of Consulting Psychology*, 28: 178-179, 1961.
- "Nurses and Psychotherapy." Bernard, J., *Mental Hospitals*, 12: 32-34, 1961.
- "Intermittent chemotherapy for chronic psychiatric inpatients." Peterson, D.B. and Olson, G.W., *American Psychiatric Association*, Chicago, 1961.

## CAMBRIDGE STATE SCHOOL AND HOSPITAL

- "Cerebral hemispherectomy in intractable seizures . . . a long-term follow-up." French, L.A., Johnson, D.R., and Adkins, G., *Minnesota Medicine*, 81: 58-65, 1961.
- "Long-term electro-encephalography in patients with hemispherectomies." Zarling, V.R., Zarling, M.E. and Adkins, G., *Minnesota Medicine*, 81: 66-69, 1961.
- "Circadian Rhythms, a basis of human engineering for zero-space. In: *Psychophysiological Aspects of Space Flight Education*." Halberg, F., Flaherty, B., Columbia University Press, 166-194, 1961.
- "Circadian Susceptibility Rhythm to Librium." Marte E., and Halberg, F., *Federal Proceedings*, 20: 305, 1961.
- "Daily periodicity of convulsions in man and in mice." Halberg, E., Halberg, F., and Bittner, J.J., *Rep. 5th Conference Soc. Biol. Rhythm*, Stockholm, 1955, 97, 1961.
- "Methodological aspects of studies on physiological rhythms with special reference to the adrenal cycle." Halberg, F., *Rep. 5th Conference of Soc. Biol. Rhythm*, Stockholm 1955, 98, 1961.
- "Lowering of adrenal corticosterone in C mice following ovariectomy." Halberg, F., Bittner, J.J., Cole, H.C., Haus, E. and Kaiser, I., *Endocrinology*, 69: 184-185, 1961.
- "Succinic dehydrogenase, pantothenate and biotin of rodent adrenal in different stages of circadian corticosterone rhythm." Glick, D., Ferguson, R.B., Greenberg, L.J., and Halberg, F., *American Journal of Physiology*, 200: 811-814, 1961.
- "The cortical adrenal cycle in Man on Different Schedules of Motor and Mental Activity." Halberg, F., Frank, G., Harner, R., Matthews, J., Aaker, H., Gravum, H., and Melby, J., *Experientia*, 17: 282, 1961.
- "Circadian periodicity and the human electroencephalogram." Frank, G., Harner, R., Matthews, J., Johnson, E., and Halberg, F., *Proceedings of 15th Annual Meeting of the American Electroencephalographic Society*, 24, 1961.

## FERGUS FALLS STATE HOSPITAL

- "The Net-weighted H-T-P Score as a Measure of Abstraction." Digilammo, J.J. and Ebinger, R.D., *Journal of Clinical Psychology*, 17: No. 1, January, 1961.
- "MMPI Characteristics of a State Hospital Population." Silver, R.J. and Sines, L.K., *Journal of Clinical Psychology*, 17: No. 2, April, 1961.

## HASTINGS STATE HOSPITAL

- "Test re-test changes during the course of hospitalization among some frequently recurring MMPI profiles." Sivanich, G., *American Psychological Association*, New York, 1961.
- "On Heilizer's treatment of change scores." McHugh, R.B., *Journal of Clinical Psychology*, 17: 206-207, 1961.
- "The effect of test sophistication on the diagnostic validity of the MMPI and the Rorschach with paranoid schizophrenics." Kresuk, T.J., dissertation, University of Minnesota, August, 1961.

## MOOSE LAKE STATE HOSPITAL

- "A Follow-up Study of Discharged Patients on Thiopropazate Dihydrochloride (Dartal) Medication." Ferrand, P.T., Peterson, G., O'Neill, R., *Minnesota Medicine*, 99: 103-111, 1961.

## WILLMAR STATE HOSPITAL

- "Treatment of Alcoholism" Behrendt, Vera M. *The Journal-Lancet*, 81: 8, August, 1961.

## OTHERS

- "A Behavior Rating Scale." Wolff, R.J., *American Journal of Occupational Therapy*, 15, 1961. (Minn. Follow-up Study)
- "Prognostic Factors in Elderly Mental Patients." Boerstam, N., and Wolff, R.J., *Journal of Gerontology*, April, 1961. (Minn. Follow-up Study)
- "Community Organization of Services for Mentally Retarded in a Rural Area." Larson, W.L., *National Meeting of Public Health Consultants*, Minneapolis, 1961. (Four-County Project)
- "A preliminary report on a coordinated cottage-school program." Capobianco, R., and Henderson, C.M. (Owatonna State School). *American Association on Mental Deficiency* (National meeting) Cincinnati, 1961.
- Introduction to section on Professional Bodies in "The Provision for Appropriate Aftercare: Hospital and Community Collaboration." Vail, D.J., *Mental Hospitals*, 12, 40-42, 1961.
- "Location and Psychiatric Outpatient Treatment." Dorken, H. and Hodges, A. *Public Health Reports*, 76: 239-241, 1961.
- "Behind the Scenes in Community Mental Health." Dorken, H., *International Congress of Psychiatry*, Montreal, 1961.

Division of Medical Services  
Department of Public Welfare  
Central Office Building  
St. Paul 1, Minnesota

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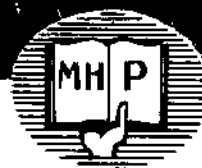
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VOLUME 13

NUMBER 1

JANUARY 1962



## PILOT PROJECT HELPS SCHOOLS TO APPRAISE PROGRAM FOR RETARDED

How can the public schools best prepare mentally retarded students for economic self-sufficiency?

The answer to this question is being sought in a research and demonstration project now under way in the Minneapolis Public Schools. Headquarters are at Central High School, where a special planning and work-experience unit began operation last fall. The three-year project is financed by a combination of funds from the U.S. Office of Vocational Rehabilitation, Minnesota Department of Education, and the Minneapolis Board of Education.

The unit provides, first, comprehensive evaluation of the vocational potential of each student. If job training of the type available through the project is considered the best plan for the student, he then is enrolled in a work-experience program. Through this he is given intensive training in a job for which he has special aptitude.

Referral for evaluation of high school level students in special classes for the retarded is made by the special teacher or school counselor. A comprehensive appraisal of each student draws upon the observations of the special teacher and guidance counselor, counselors from the state division of vocational rehabilitation, psychologists from the Minneapolis Public Schools, and the project staff. An interview is also held with the student's parents, since they are expected to take part in planning his program.

Staff members are project coordinator Richard Henze, laboratory supervisors Rodney Martin and Irene Wood, and work coordinators Joseph Papatola and Alfred Siftar. As part of the evaluation, the laboratory supervisors try to determine the student's abilities and interests through a variety of work samples.

After evaluation, the student is scheduled for the program predicted to best develop his potential—training at the unit, return to the traditional combination of regular and special classes, or other possible alternatives. His progress is checked periodically.

If the assignment does not work out, re-evaluation, planning, and reassignment are done.

At the Central High School unit, training is given by the laboratory supervisors only for work known to be in sufficient demand to offer the student a reasonable chance for employment. Primarily, this consists of shop-type activities (such as assembly-disassembly or minor repairs) or service skills (food preparation and homemaking, for example).

Each student enrolled in the work-experience program is assigned to a work coordinator, who gives him experience in being interviewed for jobs, filling out applications, and other job-related skills.

When the student is considered ready, a job tryout is arranged. He works half-days at the regularly accepted hourly rate and maintains his enrollment in the school program. The work coordinator observes the student on the job and confers with the employer periodically until the student has completed at least ten weeks' satisfactory employment. After he finishes his training and experience he receives a work certificate. "This becomes his symbol of employability," says Mr. Henze.

The arrangement under which retarded students have been served in the Minneapolis school system since special high school classes were first set up in 1946 has been a combination of special and regular classes. The latter generally include home economics or industrial arts, physical education, and perhaps art or music.

High school level classes for the retarded are now offered in five Minneapolis high schools plus Vocational High. Under state law, the public schools must provide the equivalent of a secondary education (or schooling to a maximum of 21 years) in special education service for the educable or mildly retarded.

The work-experience unit basically is set up for the student who might drop out of or just sit through courses in the traditional combined program. Many

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retarded students find it difficult to compete in regular vocational classes because the content has become increasingly specialized and technical. In addition, these courses do not provide training for the type of job a retarded student is likely to hold.

Of students graduating from or dropping out of the traditional special education program from 1957 through 1960, only about 30 per cent have become completely self-supporting. This was one of the findings of a follow-up study made to permit comparison of results with the old and new approaches.

One objective of the pilot project is to help coordinate community services aimed at occupational adjustment for the retarded. Both the public schools and the state division of vocational rehabilitation (DVR) have responsibilities for retarded persons in the 16-to-21 age group. By statute, DVR must help those over age 16 to achieve economic self-sufficiency if employment is feasible.

A branch office of the DVR operates in the Minneapolis Board of Education Building, and vocational rehabilitation counseling is available to public school students. "However, retarded students and their parents often do not see the need for vocational guidance while the student is sitting in classes and might be considered to be performing successfully in the school environment," explains Mr. Henze. Therefore, when the student leaves school he seldom seeks help from rehabilitation counselors.

Each student who enters the special planning and work-experience unit is assigned a DVR counselor. By integrating vocational guidance into its service, the project hopes to condition students to use this resource when the need arises after they leave school.

### **HOMEMAKER GROUPS STUDY STATE MENTAL HEALTH PROGRAM**

When more than 3,200 home economics extension groups throughout the state select study topics to supplement their county program and round out their year's activity, Minnesota's mental health program is likely to be on the list—along with such subjects as ways to cook hamburger and how to buy toys. Since the fall of 1960, the state department of public welfare has cooperated with the Agricultural Extension Service of the University of Minnesota to provide packets of program materials for the homemaker groups on state mental health services.

Two kits were offered originally—Know Your Mental Health Program and New Horizons in Mental Health. Within four months, requests had been received for more than 250 sets of materials for programs to be presented to more than 4,000 women. Supplies have been exhausted and replenished several times. In December 1961 a third packet was added—

In addition, job experience through the program may sharpen students' awareness of the need for such help.

The evaluation and training process often confronts both parents and students with their first full realization of the problems the student may have in the adult work world. Supportive counseling may help them in making the necessary adjustments. An additional grant recently approved by the U.S. Office of Vocational Rehabilitation will permit the project to employ a person to provide more extensive student-parent counseling than could adequately be given by the present staff.

The increase in funds will also allow expansion of research aspects of the project, so that a more comprehensive study can be made of special classes students and their curriculum needs as well as guidance and testing procedures for this group.

Success of the project on an area-wide basis for Minneapolis might point the way to organization of similar centralized services for other urban and possibly for rural areas. Comments Dr. Evelyn Deno, consultant in special education for the Minneapolis schools and project director, "Public schools are likely to provide the largest single vocational rehabilitation resource in any community in terms of staff and facilities. This resource exists in almost any locale and ought not to be overlooked."

Assistance in development of general plans and policies for the research and demonstration project is given by a 12-member community advisory board. The consultant staff of the Minneapolis school system serve as special advisors to the program. In selected phases, help is given by volunteers from the Minneapolis Association for Retarded Children.

### **New Vistas for the Mentally Retarded.**

Know Your Mental Health Program is intended to further understanding of what is being done for mental illness and mental retardation in Minnesota and what state mental health services mean to the community. It gives an overview of the community mental health program as well as institutional programs and problems.

New Horizons in Mental Health explains, through a flannelgraph narrative, recent trends in treatment of the mentally ill, emphasizing the important part the community plays. A pamphlet on how volunteers help in state hospitals is included for each member.

New Vistas for the Mentally Retarded is a flannelgraph presentation on the extent and nature of mental retardation and on what is being done by the state and by community groups.

Preparation of the study kits was triggered by

